Discussion Questions on Fear

1. Almost every fear that has kept me awake at night has had the same few names attached to it. What names are attached to yours? What do your fears say about what, and who, you love most?

2. Fear can tell the truth about a real danger and still lie about how the story ends. Where has fear handed you a verdict about your future, your worth, or your ability to recover that turned out to be false?

3. When I finally asked myself whether I was afraid to die, I realized I'm not all that afraid of death, but I am afraid of dying. What about you? What scares you most about the end of life, and what doesn't scare you at all?

4. What fear keeps part of your story hidden, even from someone who has earned your trust? What does fear predict would happen if that person knew?

5. We never convinced our kids the dark was safe. We just made sure they weren't alone in it. Where do you need to hear "I'm right here" more than "there's nothing to be afraid of"? And who in your life might need to hear that from you?

When I'm afraid, stay close.
Remind me You're just down the hall,
and don't let my fear decide what happens next.

Notes & Thoughts